



Martin J. Chávez, Mayor

City WellNews

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Your "Passport to Good Health" is coming soon!

The City of Albuquerque is proud to announce our ninth Employee Wellness Fair which will be held on Friday March 14, 2008 at the Albuquerque Convention Center, West Complex, South West Exhibit Hall. The upcoming Employee Wellness fair will focus on the issues surrounding metabolic health, and you will have the opportunity to be screened for each risk factor for *Metabolic Syndrome* (see article on page 2). The **FREE** health screenings, provided by CIGNA HealthCare and Presbyterian Health Plan, will include:

- Full lipid panel: HDL, LDL, triglycerides & total cholesterol (8 hour fast required)
- Fasting Blood Sugar (8 hour fast required)
- Blood Pressure
- Body Mass Index
- Waist Circumference

By participating in all of the above mentioned screenings you will be eligible to enter a drawing for the Grand Prize or one of many door prizes. Completion of all the screenings may also make you eligible to participate in the upcoming **Changes That Last a Lifetime (CTLL)** program. The CTLL program is a **FREE** one year wellness initiative which includes health screenings, health education, online lifestyle coaching, and educational seminars from professionals in the local medical community to help you and your doctor take better care of your health.

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FEBRUARY is... "Healthy Heart Month"!

Think it won't happen to you? Use the **National Cholesterol Education Program** tool to estimate your 10-Year Risk of Having a Heart Attack. You will be asked to plug in your age, sex, total cholesterol, high-density lipoprotein (HDL or "good" cholesterol), whether you use tobacco, and your systolic blood pressure (the top number). If you do not have your current blood pressure and cholesterol levels you will be able to easily obtain them for free at the "Passport to Good Health" Employee Wellness Fair of Friday March 14, 2008 from 7am-2pm. The tool will be available at the Wellness fair in March as well as at this website:

<http://hp2010.nhlbi.nih.net/atpiii/calculator.asp?usertype=pub>

Sample risk score for 47 year old male:



NATIONAL CHOLESTEROL EDUCATION PROGRAM

Third Report of the Expert Panel on

Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)

Information about your risk score:

Age:	47
Gender:	male
Total Cholesterol:	220
HDL Cholesterol:	42 mg/dL
Smoker:	No
Systolic Blood Pressure:	132 mm/Hg
On medication for HBP:	No
Risk Score:	5%

Means 5 of 100 people with this level of risk will have a heart attack in the next 10 years.

When it's GOOD to be seeing red...

Friday, February 1st was a day for wearing red in support of women's heart health.



The Red Dress—the national symbol for women and heart disease awareness—was designed to build awareness that women are at risk for heart disease, and motivate them to take action to reduce their risk.

Find more at:

<http://www.nhlbi.nih.gov/health/hearttruth/whatis/index.htm>

INSIDE THIS ISSUE

- 1 Your "Passport to Good Health" Employee Wellness Fair
- 1 February is "Healthy Heart Month"!
- 2 What is Metabolic Syndrome?
- 3 Your Heart & Disease Risk Factors
- 4 Nutrition for Everyone & Fruit of the Month

Metabolic Syndrome: What you need to know

The definition of metabolic syndrome depends on which group of experts is doing the defining. Based on the guidelines from the 2001 National Cholesterol Education Program Adult Treatment Panel (ATP III), any three of the following traits in the same individual meet the criteria for metabolic syndrome:

1. **Abdominal obesity:** a waist circumference over 102 cm (40 in) in men and over 88 cm (35 inches) in women.
2. **Serum triglycerides** 150 mg/dl or above.
3. **HDL cholesterol** 40mg/dl or lower in men and 50mg/dl or lower in women.
4. **Blood pressure** of 130/85 or more.
5. **Fasting blood glucose** of 110 mg/dl or above. (Some groups say 100mg/dl)

How common is metabolic syndrome?

Metabolic syndrome is quite common. Approximately 20-30% of the population in industrialized countries has metabolic syndrome. By the year 2010, the metabolic syndrome is expected to affect 50-75 million people in the US alone.

What causes metabolic syndrome?

As is true with many medical conditions, genetics and the environment both play important roles in the development of the metabolic syndrome.

Genetic factors influence each individual component of the syndrome, and the syndrome itself. A family history that includes type 2 diabetes, hypertension, and early heart disease greatly increases the chance that an individual will develop metabolic syndrome.

Environmental issues such as low activity level, sedentary lifestyle, and progressive weight gain also contribute significantly to the risk of developing metabolic syndrome.

Metabolic syndrome is present in about 5% of people with normal body weight, 22% of those who are overweight and 60% of those considered obese. Adults who continue to gain 5 or more pounds per year raise their risk of developing metabolic syndrome by up to 45%.

While obesity itself is likely the greatest risk factor, others factors of concern include:

- women who are post-menopausal
- smoking
- eating an excessively high carbohydrate diet
- lack of activity (even without weight change)
- consuming alcohol in excess

AHA Recommendation for Managing the Metabolic Syndrome:

The primary goal of clinical management of metabolic syndrome is to reduce the risk for cardiovascular disease and type 2 diabetes. Then, the first-line therapy is to reduce the major risk factors for cardiovascular disease: stop smoking and reduce LDL cholesterol, blood pressure and glucose levels to the recommended levels.

For managing both long- and short-term risk, lifestyle therapies are the first-line interventions to reduce the metabolic risk factors. These lifestyle interventions include:

- Weight loss to achieve a desirable weight (BMI less than 25 kg/m²)
- Increased physical activity, with a goal of at least 30 minutes of moderate-intensity activity on most days of the week
- Healthy eating habits that include reduced intake of saturated fat, trans fat and cholesterol

Source: <http://www.americanheart.org/presenter.jhtml?identifier=4756>



CALENDAR OF EVENTS

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

DATE: 2/14/08 TIME: 12:10 PM – 12:50 PM

Lunch time Wellness Seminar: "Is Your Heart Healthy?"

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

DATE: 3/10/08 TIME: 12:00 PM – 1:00 PM

Orientation to Changes That Last a Lifetime Program

SPECIAL EVENT

PLACE: ALBUQUERQUE CONVENTION CENTER (SW EXHIBIT HALL)

DATE: 3/14/08 TIME: 7:00AM – 2:00 PM

Passport to Good Health Employee Wellness Fair

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

DATE: 3/13/08 TIME: 12:10 PM – 12:50 PM

Lunch time Wellness Seminar: "The Basics of Nutrition"



Valentine's Day Quotations

Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage.

-Lao Tzu

Age does not protect you from love. But love, to some
extent, protects you from age.

-Anais Nin

The best and most beautiful things in the world cannot
be seen or even touched. They must be felt with the
heart.

-Helen Keller

Your Heart & Disease Risk Factors

February 14th is Valentine's Day, the day that correlates with both love and the heart. As we think a lot about valentines and our heart this month it is a perfect opportunity to love your heart and take care of it. Take time to be aware of the risk factors that increase your risk for developing heart disease. Some risk factors can be changed and others cannot. Some risk factors you can control and some you cannot. In general, the more risk factors you have the greater your risk of developing heart disease. Fortunately, there are things you can do to address most of the risk factors for heart disease.

The risk factors that you *cannot* control include:

- Age (45 years or older for men; 55 years or older for women)
- Family history of early heart disease (father or brother affected before age 55; mother or sister affected before age 65)

The known risk factors for heart disease that you *CAN* do something about include:

- Cholesterol
- Smoking
- High blood pressure
- Diabetes-- if you have diabetes, your risk for developing heart disease is high, as high as a heart disease patient's risk for having a heart attack.
- Overweight/Obesity
- Physical inactivity

If you have not had your cholesterol level checked, talk to your doctor about getting it checked.

Contemplate quitting smoking if you smoke. If you have high blood pressure, limit your sodium intake. Discuss with your doctor how you can control it. Talk to family members about your family history and record or write it down to share with your siblings and children.

Source: <http://nhlbisupport.com/chd1/chdexp1.htm>



Nutrition for Everyone

Introduction

These days, a wealth of nutrition information is at your finger tips. From diet books to newspaper articles, everyone seems to have an opinion about what you should be eating. It's no secret that good nutrition plays an essential role in maintaining health.

While you already know it is important to eat a healthy diet, you may find it more difficult to sort through all of the information about nutrition and food choices. The Center for Disease Control (CDC) has compiled a variety of resources to help you start healthier eating habits.

The CDC works in key areas in which good nutrition can help promote better health:

- Healthy Weight
- Fruits and Vegetables
- Bone Health
- Iron Deficiency

Visit the CDC website at the link below to access the above selected resources.

Source: www.cdc.gov/nccddphp/dnpa/nutrition/nutrition_for_everyone/index.htm



Heart disease, stroke and stress

The relationship between stress and heart disease and stroke isn't completely clear, but some people with high levels of stress or prolonged stress may have higher blood cholesterol, increased blood pressure or be more prone to developing atherosclerosis (narrowing of the arteries).

Stress-busting tips

- Identify the source of your stress. Figure out what is really bothering you as it's the first step in managing your stress.
- Be physically active. It can be a great stress-buster and can boost your heart health too. Be sure to talk to your physician before starting any activity program.
- Share your feelings. Talking to friends, family or coworkers can help you feel better.
- Make time for yourself. In trying to meet everyone else's needs, do not short-change yourself. Make time for yourself.
- Make time to laugh. It's your body's natural stress-release mechanism.
- Eat well. Don't skip lunch, and leave the office to eat if you can.
- Don't skip vacations. Getting away from it all is important to your mental and physical health.

Source: www.heartandstroke.com



February Fruit of the Month

The star fruit or *carambola* is a tropical fruit that is gaining popularity in the United States. This fruit acquired its name from the five pointed star shape when cut across the middle of the fruit. It has a waxy, golden yellow to green color skin with a complicated flavor combination that includes plums, pineapples, and lemons.

Star Fruit Salad

Makes 4 servings

Each serving equals 1 cup of fruit
Source: Produce for Better Health

Ingredients

- 2 star fruit
- 2 kiwis
- 2 bananas
- 1 cup mango fruit nectar
- 1 cup low fat vanilla yogurt

Peel kiwi and banana, cut into medium size pieces. Slice star fruit into 1/4-inch thickness. Combine all fruits in bowl. Add nectar over mixture. Refrigerate for 3 hours. Top with vanilla yogurt.

Nutritional analysis per serving: Calories 201, Protein 5g, Fat 2g, Calories From Fat 7%, Cholesterol 3mg, Carbohydrates 46g, Fiber 6g, Sodium 46mg.

Source: www.fruitsandveggiesmatter.gov



Questions? Topics you would like us to discuss in City WellNews? Contact JD Maes, Health & Wellness Analyst, Human Resources Department.
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